

**Summary Report for Individual Task
805B-79T-4207
Lead Physical Readiness Training
Status: Approved**

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - The materials contained in this course have been reviewed by the course developers in coordination with the RRS, Fort Jackson foreign disclosure authority. This course is releasable to students from all requesting foreign countries without restrictions.

Condition: You have been tasked to conduct physical training during an RSP weekend to improve the Physical Readiness of the RSP Soldiers assigned. You have access to all required references and material items. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standard: Lead Physical Readiness Training by preparing and leading a session IAW FM 7-22.

Special Condition: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER

None

WARNING

None

CAUTION

None

Remarks: None

Notes: None

Performance Steps

1. Prepare for physical readiness training.
 - a. Identify type of training.
 - b. Conduct risk assessment.
 - (1) Utilize local risk assessment matrix.
 - (2) Implement control measures.
 - (3) Document risks on DA Form 7566.
 - c. Acquire needed equipment.
 - d. Identify personnel.
 - (1) NCOIC.
 - (2) Instructors.
 - (3) Combat lifesaver.
 - (4) Soldiers to be trained.
 - e. Identify and disseminate climate specific uniform.
 - f. Identify and coordinate location.
 - (1) Location should support activity.
 - (2) Secure training location.
2. Lead PRT session.
 - a. Assemble formation.
 - (1) Accountability.
 - (2) Conduct necessary safety brief.
 - (3) Brief the specific training events.
 - b. Move to the training area.
 - c. Conduct PRT.
 - (1) Separate profiles.
 - (2) Preparation drill.

(3) Lead session.

(4) Recovery drill.

d. Reassemble formation.

(1) Movement to assembly area.

(2) Accountability.

(3) Conduct AAR.

(4) Release.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score "GO" if Soldier correctly performs all performance measures. Score "NO GO" if Soldier incorrectly performs one or more performance measure. Provide on-the-spot correction should the Soldier experience minor difficulty. Consider directing self-study or on-the-job-training for Soldiers who experience major difficulties in task performance.

Evaluation Preparation: This task may be evaluated by two methods; a. Self Evaluation. Perform the task on the job using the materials listed in the Conditions Statement. Evaluate yourself, using the performance measures, graded IAW the Evaluation Guidance section. b. Supervisor's Evaluation. Ensure that the Soldier(s) have the material shown in the Condition Statement to accomplish the task. When you feel they are able, have them perform the task on the job. Grade them using the Performance Measures, in accordance with the Evaluation Guidance section.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Prepared for physical readiness training.			
a. Identified type of training.			
b. Conducted risk assessment.			
c. Acquired needed equipment.			
d. Identified personnel.			
e. Identified and disseminated climate specific uniform.			
f. Identified and coordinated location.			
2. Led PRT session.			
a. Assembled formation.			
b. Moved to the training area.			
c. Conducted PRT.			
d. Reassembled formation.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	ATP 5-19 (Change 001 09/08/2014 78 Pages)	RISK MANAGEMENT http://armypubs.army.mil/doctrine/DR_pubs/dr_a/pdf/atp5_19.pdf	Yes	No
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages)	Yes	Yes
	LG to AAR	A Leader's Guide to After Action Reviews (AAR)	Yes	No

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you

will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination.

Prerequisite Individual Tasks : None

Supporting Individual Tasks : None

Supported Individual Tasks :

Task Number	Title	Proponent	Status
1038-79T-2512	Conduct an After Action Review	1038 - NGB Retention and Recruiting (Individual)	Analysis Completed
805B-79T-3212	Conduct Physical Readiness Training	805B - Recruiting and Retention, Ft. Jackson (Individual)	Approved

Supported Collective Tasks : None

ICTL Data :

ICTL Title	Personnel Type	MOS Data
79T ARNG Recruiting and Retention-SL4	Enlisted	MOS: 79T, Skill Level: SL4, ASI: V7, Duty Pos: REA, SQI: 4